

Eat slowly!
It takes 20 minutes
for your brain
to know
you're full!



THE Children's
Health FUND

Healthy K.I.D.S. Newsletter

Knowledge Improving Diet and Strength



★ Food Group Fun ★

There are thousands of different foods, so it can be hard to know what you need to eat to stay healthy! Lucky for us, most foods can be divided into 4 kinds:

★ Carbohydrates ★ Fruits and Vegetables
★ Milk and Dairy ★ Protein

Each issue of Healthy K.I.D.S. talks about a different food group, so look out for the next issue!

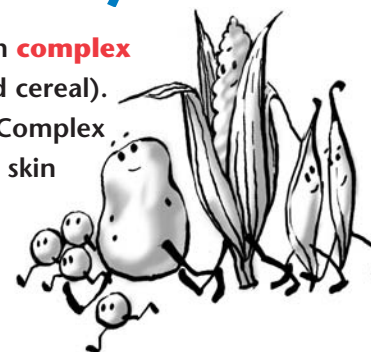


Get Going with Carbohydrates

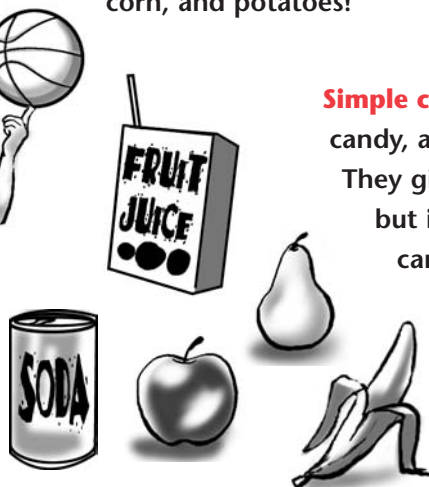
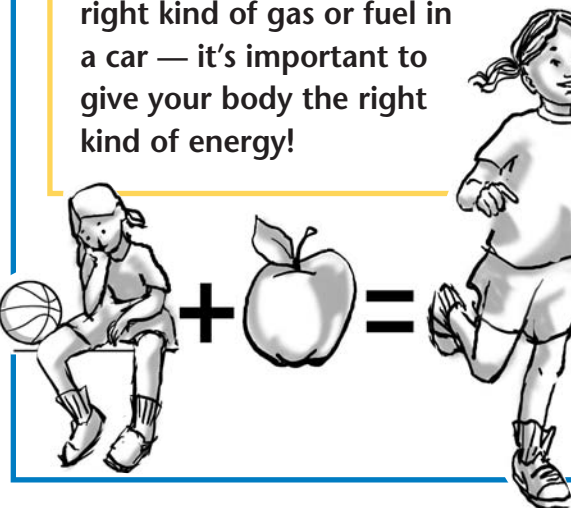
Carbohydrates (car-bo-hi-drays)

give your body and brain energy!
There are two kinds of carbohydrates, simple and complex. Just like it's important to put the right kind of gas or fuel in a car — it's important to give your body the right kind of energy!

Your body takes a long time to break down **complex carbohydrates** (like bread, rice, pasta, and cereal). They give you energy that lasts for hours. Complex carbs also have lots of vitamins for healthy skin and good eyesight. Even some vegetables have complex carbs — like peas, beans, corn, and potatoes!



Simple carbohydrates (like soda, fruit drinks, candy, and sweets) enter your blood quickly. They give you a burst of energy right away, but it doesn't last very long. Most simple carbs don't have many vitamins, either. What if you need energy fast? Fruit is a great snack with simple carbs to help you get going! Plus it has the vitamins your body needs!



Did you know that sugar free gum can help fight off cavities? Why? Because it helps clean your teeth!



★ Liquid Lookout ★

Soft Drinks can be Hard on You

Are you thirsty? A sweet drink or soda may not be the answer! The same sugar that makes them taste good can make you MORE thirsty than you were before! Choose lowfat milk, water or 100% juice instead of soda to keep your body running smoothly.



Milk
Juice
Water

A 20 oz bottle of soda has about 13 teaspoons of sugar!

Do you take a bath in soda? If you drink too much, your teeth do. Lots of kids are drinking more soda than ever. There may even be a soda machine at your school. But too many sodas can lead to more cavities, and more trips to the dentist.



Small Fries:
160 calories
8 g fat



Large Fries:
540 calories
26 g fat

Serving sizes have gotten much BIGGER, so people are eating MORE than they used to. Did you know the suggested serving of french fries is only 30 thin fries? Most fast food restaurants give you 120 thin fries!!



★ Fast Foods ★ Can Slow You Down



Sometimes if you're in a hurry, fast food can seem like a good idea. It's OK once in while, but most fast foods have lots of fat and calories and not many vitamins.

If you have to eat fast food, try to make better choices:

- Choose a baked potato instead of french fries
- Choose ketchup or mustard instead of mayonnaise
- Try a turkey or chicken sub or sandwich instead of fried chicken or burgers
- Have lowfat milk or water instead of soda

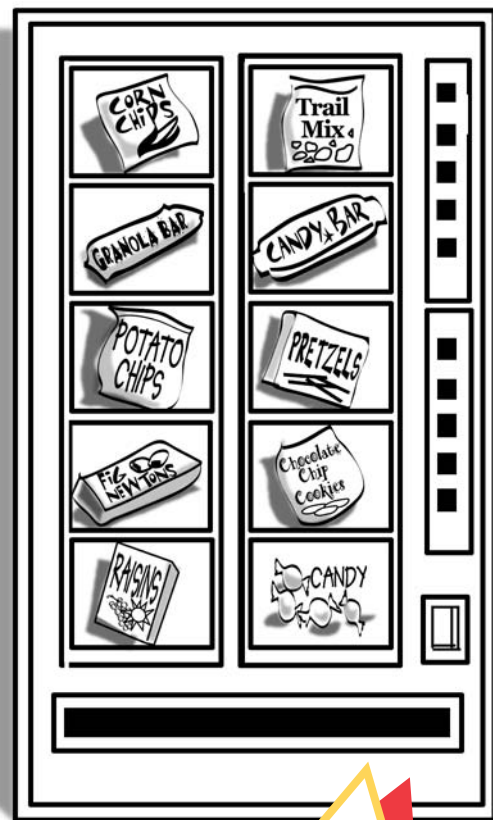
★ Activity Page ★

Beat the Machine

Did you know that many of the snacks sold in vending machines are high in sugar and fat?

These snacks can make you gain weight and feel tired. Sugary snacks can also hurt your teeth. Don't worry! There are usually some smart food choices hiding in there with all the junk! You just have to know where to look.

From each row of the vending machines, circle the choice that is best for you!



Did you know people spend half a million dollars a day at vending machines?

Studies show kids who eat breakfast do better in school!



What are YOU Eating?



What are your 3 favorite snacks?

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What are your 3 favorite healthy snacks?

.....

Three healthy snacks I will try to eat more of:

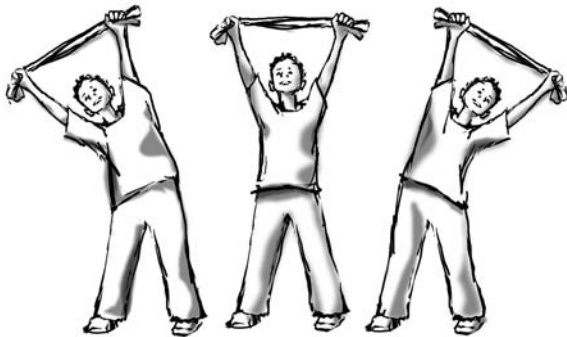
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Best choices are: trail mix, granola bar, pretzels, fig newtons, raisins, water, milk, 100% pure juice.

.....MOVE YOUR BODY WARM UP.....

Stretching is a great way to warm up your muscles and loosen your joints to get your body ready to move around.

- ★ Always have an adult nearby when you are warming up or exercising. Safety comes first!
- ★ It's important to stretch 5 – 10 minutes before exercise so you don't hurt yourself.
- ★ Stretch slowly - only as far as you're comfortable. Stretching should feel good, not hurt!
- ★ Hold stretch positions for a slow count of 10, breathe slowly, and do not bounce.
- ★ Stretching is great because you can do it alone or with a friend!



Towel Stretch - stretches your midsection

- ★ Standing, hold a small towel in front of you. ★ Raise your arms above your head. ★ Slowly bend to the side without twisting. ★ Hold. ★ Be sure to keep your arms straight! ★ Straighten up and repeat, toward the other side.

Cat Stretch - stretches your back



- ★ Get on your hands and knees. Curve your back toward the ceiling, let your head hang loose, and hold.



- ★ Next, push your chest toward the floor and let your back sag into a U shape. Bend your elbows. Lift your head and hold. ★ Repeat.



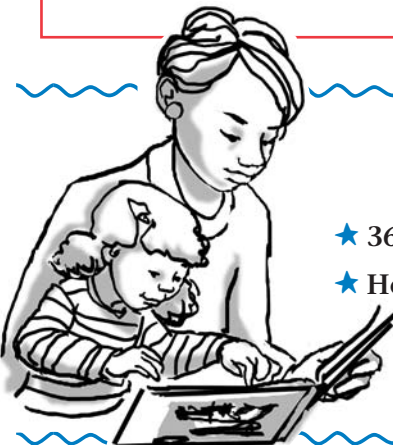
Push and Pull - stretches your arms and legs

- ★ Sit in a wide straddle facing each other and take each other's wrists.
- ★ Slowly pull back and hold for a slow count of 30, then switch. ★ Be sure to keep your knees straight!



..... Make stretching fun!

Turn on some music or play Simon Says with stretches!



BOOKSHELF

Here are some books you and your family can find at the library or bookstore to learn more about nutrition and fitness!

- ★ 365 Activities for Fun, Food, and Fitness for the Whole Family, by Julia Sweet.
- ★ Honest Pretzels: And 64 other amazing recipes for cooks ages 8 & up, by Mollie Katzen.
- ★ Open Wide, Tooth School Inside, by Laurie Keller.
- ★ Yoga for Children, by Mary Stewart.

SPOTLIGHT

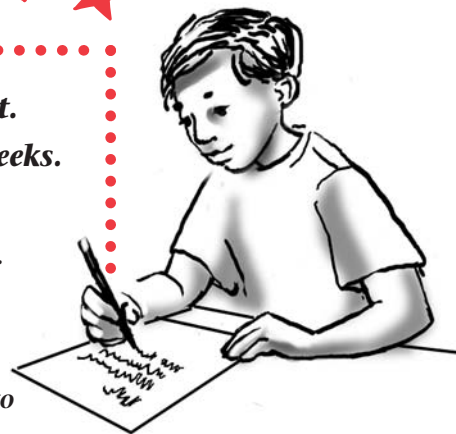
My name is Luis T. Since I was 10 years old I have always been overweight. But at the age of 14 I found a way to lose weight. I lost 9 pounds in four weeks.

This all started when I went to the clinic to get my annual checkup. The nurse told me that I had high blood pressure for my age and the nurse told me what to do to lose weight.

So after that I had a talk with my parents about what she said. They told me about the dangers of being overweight like heart attacks and diabetes. Then I thought a lot and I decided that I was going to make some changes. And these

changes were only eating three times a day and only eating until I was full. Then at least 30 minutes of non stop exercise a day. And I also made little changes like instead of getting a ride to school I walked and instead of watching TV I would play sports. I like to play basketball with my friends. I did this to make my parents proud and to make myself proud. I hope my experience helps other people with the same problem.

Luis



To burn up the calories in a slice of pizza, a kid has to play basketball for 50 minutes, dance for 65 minutes, or walk for 1 1/2 hours!



DAD
MOM
JOSE
NOVEMBER '02
SUZI
OCTOBER 2002



Grown Up Corner

Is your child's weight healthy?

Height	Healthy Weight Range
45-46 in	39-56 lbs
47-48 in	42-61 lbs
49-50 in	48-71 lbs
51-52 in	52-77 lbs
53-54 in	58-89 lbs
55-56 in	62-96 lbs
57-58 in	72-112 lbs
59-60 in	77-120 lbs
61-62 in	87-139 lbs
63-64 in	93-149 lbs
65-66 in	99-158 lbs
67-68 in	105-168 lbs
69-70 in	112-178 lbs
70-71 in	115-183 lbs

*Based on 2000 CDC Growth Charts

A healthy weight is important for your child's well being. Compare your child's weight with the healthy weight range for his or her height.

If your child's weight is above the healthy weight range for his/her height, he or she may be at risk for high blood pressure, diabetes, or not feeling good about himself or herself. Contact your child's health care provider or school nurse for advice on how to help your child get closer to a healthy weight.

Healthy K.I.D.S.

VOLUME 1, NO. 1 ★ ENGLISH

Healthy K.I.D.S. is a project which brings simple, kid-friendly nutrition and fitness information to kids and the adults in their lives.



English and Spanish newsletters were created by clinicians of the National Children's Health Project Network of The Children's Health Fund.



For additional information, contact:
The Children's Health Fund
317 East 64th Street
New York, NY 10021
www.childrenshealthfund.org



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To:

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317 E 64th Street
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